

In the Clinic

1. Ensure that the clinical setting is “physical activity friendly” by including posters, videos, pictures, magazines, and other patient education materials that promote physical activity and healthy lifestyle choices.
2. Be a good role model. Incorporate 30 minutes of moderate activity into your daily routine on most days of the week. You will be a better counselor and a healthier individual.
3. Assess and record the level of physical activity in all your well-child visits.
4. If a patient is inactive and not interested in changing, give the patient some reasons to reconsider and address any identified barriers to activity.
5. If the patient is inactive and ready to change, help the patient create an activity plan that is fun, developmentally appropriate, and realistic.
6. As part of any activity plan, identify the FITT.
7. Identify a social support or “activity buddy” for your patient. This could be a friend or a family member.
8. Record your recommendations in the medical chart and follow up with patients at subsequent visits.
9. Advocate for physical activity counseling to be part of your managed care service requirements and thus reimbursable.

In the Community

1. Be an advocate in your community schools for more physical education and health education classes; classes that encourage lifetime activities as well as competitive sports.
2. Be an advocate in your community for more safe and convenient venues for activity, including parks, recreation centers, bicycle lanes, access to school facilities, and playgrounds for after-school activities.
3. Become familiar with resources in your community, including the YMCA, community recreation departments, community sports programs, and other youth programs.